

NORTH BEND
STATE PARK

Quest

Customized
Outdoor Experiences

HARRISVILLE

North Bend State Park

Choose your Outdoor Quests!

Customized Outdoor Experiences

QUEST

North Bend State Park

Choose one or choose many adventure activities to build your custom outdoor experience at North Bend State Park. Learn about nature and take advantage of outdoor recreation available at North Bend that includes a guide or instructor as part of your quest!

Shuttle Services:

Bikes or boats, in the park or on the North Bend Rail Trail a guide will meet you at your take out point and transport you and your gear to your put in. These rates are set per trip and are the same for up to four guests.

One-way Shuttle: Transport you and your gear to the beginning of your ride. (Meet you in the park and provide one-way shuttle to your starting point)

Quick Shuttle..... \$50.00
(Everything within the park & on the North Bend Rail Trail, west to Petroleum & east to Greenwood)

Long Shuttle \$75.00
(From the park to either end of the North Bend Rail Trail)

Two-way Shuttle: We will help you set up the end of your ride and then transport you and your gear to the start of your ride. (For those who want to ride the whole length of the rail trail in one shot)

Two Way Shuttle..... \$125.00

Quest Advisory!

The difference between an adventure and an incident is preparation and judgment. Get started the right way with good quality instruction, avoid many of the problems and safely reach higher levels quicker.

Rappelling / Rock Climbing:

The Big-Easy rock cliffs are located just above the North Fork of the Hughes Rive in North Bend, and provide a beautiful. Picturesque environment to learn the sports of rappelling and rock climbing.

Guided Rappelling and Climbing: This adventure is designed to introduce you to the sports of rappelling and rock climbing. This quest includes instruction on basic techniques, knots, belaying and equipment use. Your quest can be tailored to meet your expectations, and focus of climbing, rappelling or a combination of both. For this activity we set the guest to guide ratio of 1-6 guests per guide.

Short Excursion, 2 1/2 hours, including equipment.....\$ 79.00

Full Excursion, 4 hours, including equipment.....\$109.00

(The rates above are per-person)

Kayaking / Canoeing:

North Bend Lake is a 305 acre lake is 7 miles long with multiple put in and take out points and an under 10 hp. limit, making it ideal for flat water kayaking and/or viewing wildlife from your boat. Information about put in and take out locations and what sites to look for along your paddle is free. Shuttle services are available.

Kayak and Canoe Basics: a 2 hour excursion designed to introduce and improve basic flat water skills while enjoying the natural environment North Bend State Park has to offer from a different perspective. This quest includes safety information, balance and basic paddle stroke instructions.

	<u>Canoe</u>	<u>Kayak</u>
Including boat rental	\$52.00	\$48.00
If you have your own boat or can borrow one.....	\$30.00	\$30.00

(The rates above are per-person, for the first two guests, as the number of participants grows the per-person rate is reduced.)

Float Trip: This overnight excursion for 2 to 6 guests per guide includes a guide, a boat, camping gear and a Shuttle. We start with the basics a discussion about boats, life vests, paddles, and additional required gear. We can also include skill assessment and instruction to get you comfortable in your boat.

Boat and camping equipment is included..... \$125.00 per night

(The rate above is the per-person, for the first two guests: as the number of participants grows the per-person rate is reduced.)

Quest Advisory!

Not backcountry but one heck of a backyard. Come out and play at North Bend State Park!

Backpacking/Hiking:

With over 20 miles of hiking trails and our proximity to the 72 mile long North Bend Rail Trail, North Bend offers a wide variety of hiking opportunities.

Introduction to Backpacking: This 2 hour introduction will focus on packs and gear, (what is really important and what is icing), packing for an outing, and trying different loaded packs for size and comfort. During the hiking segments we will go out on hikes, check out the show nature puts on for us that day, discuss safety and preparation. For this activity we set the guest to guide ratio of 1-6 guests per guide.

Intro to backpacking.....	\$20.00
Short hike 2 miles or less	\$10.00
Medium hike 2 – 4 miles.....	\$20.00
Long hike 6 – 10 miles.....	\$60.00

(The rates above are per-person, for the first two guests; as the number of participants grows the per-person rate is reduced.)

Backcountry Camping:

Leave civilization behind, you and your party will be surrounded by nature. Your guide will share their knowledge, let you give our gear a test run and practice backcountry camping skills.

Introduction to Backcountry Camping: This overnight experience in a remote section of North Bend State Park includes required gear and basic backpacking food. For this activity we set the guest to guide ratio of 2-6 guests per guide.

Camping and backpacking equipment is included.....	\$90.00 per night
--	-------------------

(The rate above is the per-person, for the first two guests: as the number of participants grows the per-person rate is reduced.)

Nature Interpretation:

Quest guides appreciate nature and integrate interpretative services into all the programs.

However, if you want to explore a specific subject on the park, here are some activities, or ask us about your interest if it is not listed. These programs will last 1 to 1 1/2 hours. For this activity we set the guest to guide ratio of 1-6 guests per guide.

Nocturnal Walk.....	\$10.00
Bird Walk	\$10.00
Tree Walk	\$10.00
Venom & Poison	\$10.00
Beaver Habitat	\$10.00
History Walk	\$10.00
Creek Critters	\$10.00
Tracks and Scat	\$10.00
Insect Investigation	\$10.00

(The rates above are per-person for the first two guests; as the number of participants grows the per-person rate is reduced.)

Biking:

Road biking, rail trail, dirt roads and single track, if you ride a bike we have something for you. We would be happy to share routes with you via “map my ride” or on paper maps at no charge. For the roadies we have 16, 45 and 62 mile loops. The North Bend Rail Trail is flat, relatively smooth, and long with beautiful scenery if that is your cup of tea. The dirt roads have climbs and descents along with stream fords and a few have technical rocky sections that rival most single track. If its single track you seek, we offer over 20 miles in the park worthy of hosting a WVMBA sanctioned mountain bike race. Shuttle services are available.

Mountain Bike Basics: This 2 hour session includes instruction on maintenance, bikes fit adjustments, peddling cadence, how to get the most out of your gears, controlling your speed (not too fast but not too slow either), balance, the ready position, and simple obstacles. If you are new to biking or mountain biking, this quest feature is for you. Instructors are patient and enjoy getting folks ready for trails.

Mountain Bike Skills: Once you have the basics down then its time to improve your skill level. This 2 hour excursion includes breaking techniques, cornering, handling terrain, picking lines and putting it all together and making it flow like surfing through the woods.

2 hr. excursion including bike rental (limited number of bikes available)... \$42.00
If you have your own mt. bike or can barrow one..... \$30.00
(The rates above are per-person, for the first two guests; as the number of participants grows the per-person rate is reduced.)

Overnight Self-contained Cycling Excursion: This overnight excursion for 2 to 4 guests per guide. This excursion includes a guide and camping gear. You start with a discussion about bike fit and maintenance and additional required gear. The park will handle shuttle arrangements and we will go for a ride.

Camping equipment is included..... \$115.00 per night
(The rate above is the per-person, for the first two guests: as the number of participants grows the per-person rate is reduced.)

Yoga:

Yoga indoors or outdoors in the natural surroundings is an amazing journey. Choose the class that suits you or choose from informational sessions. This quest is a year-round option with a certified Yoga Instructor. Excellent to consider for friends weekends or outings, creating a customized retreat.

Gentle yoga flow: This practice is suitable for beginners..... \$10.00
Power yoga: Is a Vinyasa style flowing form one pose to the next..... \$10.00
Energizing flow: Will awaken and warm the body..... \$10.00
Seniors..... \$10.00

Quest Advisory!

You do not have to sleep on the ground or eat dehydrated dinners. Dial in your own level of comfort and/or adventure.

Navigating:

Lost? Know where you are, where you are going, and the best way to get there. This Quest shares the basics of navigating in the wilderness. For this activity we set the guest to guide ratio of 1-6 guests per guide.

Introduction to GPS: A 1 hour introduction into how to use a GPS unit.

Compass Course: A 1 hour introduction on how to use a compass through a fun and challenging hands on exercise.

Introduction to Map and Compass: A 1 ½ hour introduction to using a topographic map and a compass together to navigate the old school way (or when the GPS batteries die).

Geocaching: A 2 hour hands on exercise in finding caches using a GPS unit.

The Land Navigation Course: Up to 4 hours as we use GPS, compass and map reading skills to navigate through the woods from one point to the next. Traveling two miles or more both on and off trails. "Intro to Map and Compass" or "Intro to GPS" is a pre requisite or demonstration of skill competency.

Introduction to GPS.....	\$20.00
Geocaching (Find A Cache).....	\$20.00
Introduction to map and compass.....	\$20.00
Compass Course.....	\$20.00
Land Navigation Course.....	\$40.00

(The rates above are per-person for the first two guests; as the number of participants grows the per-person rate is reduced.)

Customize it:

Amazing adventure race, add a bike and/or kayak leg to your land navigation course, even put in a backcountry camping and make it two days.

Overnight Lodging:

Quests can be day-only adventures or overnight based. It's your choice. It's your quest. If you want to spend the night you can stay in one of our campgrounds, the lodge or a cabin.

Good Grub and Tasty Meals

When building your quests, there are food options to consider. It's your choice. It's your quest. You can choose to bring and prepare your own, eat in the restaurant or have your adventure catered.

Quest Advisory!

Call North Bend State Park at 304-643-2931 and talk with a Quest Leader, or email northbendsp@wv.gov